



**ST.**  
**GÉORGE'S**  
**PARK**

ELITE SPORT  
TRAINING CAMPS



**"AS THE HOME OF ALL NATIONAL ENGLAND TEAMS, ST. GEORGE'S PARK ALLOWS US TO JOIN UP THE PLAYER PATHWAY AND SHARE BEST PRACTICE FROM ACROSS THE GAME TO HELP COACHES AND PLAYERS PROSPER."**

GARETH SOUTHGATE  
England Manager





# WELCOME TO THE **HOME OF ENGLAND** NATIONAL TEAMS

Home to England's national football teams, St. George's Park provides a world-class training environment for any team or athlete striving for excellence.

Set in a single, secure location across 330 acres of Staffordshire countryside, the £105 million complex boasts a range of outstanding training pitches (both indoor and outdoor), state-of-the-art performance facilities, a four star Hilton hotel as well as an outdoor team building complex.

SINCE OPENING IN 2012 WE HAVE WELCOMED OVER  
2,000 TEAM VISITS INCLUDING:





# ST. GEORGE'S PARK IS UNBELIEVABLE

IVAN RAKITIC  
Former FC Barcelona player

## OUTDOOR TRAINING PITCHES

St. George's Park has a choice of world-class training facilities:

- ▶ 13 outdoor pitches including:
  - [+] The Sir Bobby Charlton Wembley replica pitch
  - [+] Five flood-lit pitches
  - [+] Five pitches with undersoil heating
  - [+] Four natural grass pitches
  - [+] Three artificial pitches
  - [+] Six hybrid pitches (artificial and grass stitched)
  - [+] A dedicated blind pitch
- ▶ 20-degree-angled, 30m fitness hill
- ▶ Dedicated goalkeeper training area
- ▶ Continental Warm Up pitch

013  
OUTDOOR PITCHES





## INDOOR SPORTS FACILITIES

- ▶ The Sir Alf Ramsey indoor 3G pitch:
  - {+} FIFA Quality Pro certified pitch
  - {+} Includes 200-person viewing gallery and pitch side seats
- ▶ Futsal arena
- ▶ Nine changing rooms
- ▶ Three-lane 60m sprint track

**“EVERYTHING IS  
ABSOLUTELY PERFECT.  
IF YOU COULD GIVE IT  
A MARK OUT OF 10 IT  
WOULD BE 10.”**

**MARC OVERMARS**  
AFC Ajax Director of Football







# SPORTS SCIENCE AND **PERFORMANCE**

Physical preparation and sport science is integral to St. George's Park. The National Football Centre has been designed for elite athletes incorporating world-leading technology and outstanding apparatus, providing the ultimate training and rehabilitation hub for teams.

The National Football Centre is accredited with the FIFA F-MARC (FIFA Medical and Research Centre) and all of the performance facilities are available to hire.

## PERFORMANCE FACILITIES

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- [+] Strength and conditioning gym
- [+] Human Performance Lab and Rehabilitation Centre
- [+] Hydrotherapy suite
- [+] Cryotherapy Chamber
- [+] Sprint lanes (60m)
- [+] Consultation rooms

**“YOU WALK IN  
AND FEEL  
PERFORMANCE”**

**ROD ELLINGWORTH**

During his time as  
Team Sky Performance Manager





## CARDIOVASCULAR FITNESS AREA

- [+] 12 Watt bikes connected to a large video wall for instant feedback on heart rate, force production and leg balance
- [+] 2 Woodway curve treadmills
- [+] 2 concept rowers
- [+] 2 ski ergs
- [+] Upper body ergometer



# STRENGTH

+ CONDITIONING GYM



## STRENGTH EQUIPMENT

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- {+} 6 olympic lifting racks with integrated video monitoring software and an incorporated Smith machine attachment
- {+} Performance software for measuring bar velocity
- {+} Free weights area with dumbbells up to 70kg
- {+} 5-plate-loaded machines including 2 bilateral leg presses, leg extension, leg curl and calf raise
- {+} 1 selectorised lat pulldown machine







## FUNCTIONAL AND TESTING EQUIPMENT

- [+] 2 integrated force platforms connected to screens for instant feedback on jump height, force production and left and right leg balance
- [+] Bespoke Infinity rig measuring 6m x 8.5m with incorporated throwing wall, monkey bars, pull-up bars, anchor points for bungees and suspension trainers. Additionally: rig stores medicine balls, kettlebells, slam balls, and battle ropes
- [+] 3 Keiser functional trainers providing accurate measurement of power and force production. Runs off compressed air instead of a weight stack, for accurate force measurement. Two adjustable arms to complete just about any exercise required
- [+] Swift timing system for speed measurement and integrated jump mat technology for instant feedback

***“IT’S BEEN REALLY NICE MEETING UP HERE AS A TEST SQUAD. IT’S GREAT TO SEE HOW DIFFERENT SIDES APPROACH GETTING READY FOR MAJOR TOURNAMENTS. I THINK IT’S IMPORTANT TO LOOK AT THE CROSS-OVERS.”***

**JOE ROOT**  
England Test Cricket captain



# HUMAN PERFORMANCE LAB

## HUMAN PERFORMANCE LAB AND REHABILITATION CENTRE

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- {+} A state-of-the-art performance facility used for testing and analysis
- {+} Performance equipment including: force plate analysis, functional movement screening, body composition and isokinetic testing
- {+} Rehabilitation equipment including: pilates reformer, Anti-Gravity Treadmill, a range of Keiser machines and medical treatment couches
- {+} Altitude and Heat Chamber to replicate environments up to 5000m and 40°C

**“WHEN YOU’VE GOT A UNIQUE  
AND SPECIAL SETTING LIKE  
THIS - THE TEAM RESPONDS  
IN A POSITIVE WAY”**

**MAL MENINGA**  
Australia Rugby League Head Coach



## HYDROTHERAPY SUITE

- [+] Variable depth pool including an adjustable floor to allow a variety of conditioning and rehabilitation exercise sessions including deep water temperature 32 degrees
- [+] Hot and cold contrast pools. Hot pool water temperature 36 degrees, cold water pool 10 degrees
- [+] Underwater Treadmill with a water temperature of 31 degrees

**“BIG THANKS TO THE ST. GEORGE’S PARK TEAM FOR HAVING ME. AMAZING FACILITY.”**

SIR ANDY MURRAY



# HYDROTHERAPY SUITE



# ACCOMMODATION

## AT HILTON

Hilton at St. George's Park provides a range of accommodation options to suit travelling professional team's varying needs, backed by the unsurpassed commitment to hospitality for which Hilton Worldwide is globally renowned.

As well as being a home from home for each of our England national teams, Hilton at St. George's Park provides a private, central and secure location for pre-season training camps or as a training base for away fixtures.

There are 228 bedrooms on-site with ample car parking and free Wi-Fi. You can choose between our compact guest rooms which offer a relaxed casual experience or the stylish and elegant Hilton guest rooms which offer a more luxurious experience.

Adaptable catering options can be provided to support teams. Our team of highly trained chefs are experienced with working alongside your team's chef and nutrition team to plan team menus with unprecedented levels of comfort and service.

**"EVERYTHING FROM THE PITCHES, TO THE GYMS AND THE WONDERFUL HOTEL ACCOMMODATION WE HAVE BEEN ABLE TO USE, PLUS THE KINDNESS AND AVAILABILITY OF THE WORKING PERSONNEL. IT'S A VERY IMPRESSIVE PLACE"**

**CLAUDIO RANIERI**

During his time as Monaco FC Head Coach

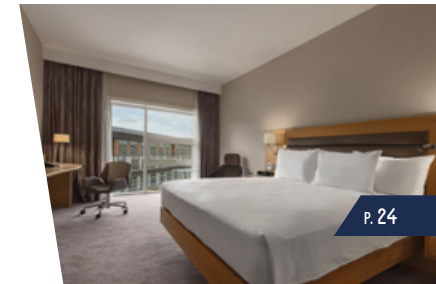
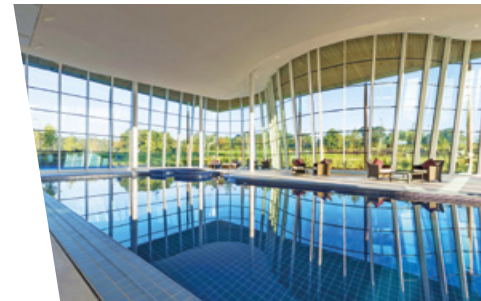
The Hilton logo is displayed in a white serif font within a white rectangular border. The background of the entire page is a photograph of a hotel room at night, featuring a lamp on a bedside table and a large window looking out onto a brightly lit football pitch.





## TEAM AREAS AND DINING

- [+] Bespoke team packages including kit, medical and leisure rooms as well as private team dining, meeting and coaches' rooms
- [+] 4\* accommodation including 42 executive rooms and 11 suites
- [+] Secure and separate guestroom floors which can be hired exclusively
- [+] Guestrooms which can be easily converted to kit/medical rooms, amongst the players' rooms
- [+] Dedicated private team hub specifically designed to accommodate a team for dining and meetings
- [+] Highly trained kitchen team who are very happy to work alongside your chef and nutritional team to plan team menus





# TEAM BUILDING

## AT THE OUTDOOR LEADERSHIP CENTRE

With a wide range of activities aimed at developing high performing teams, the Outdoor Leadership Centre at St. George's Park offers you the chance to build on your work on the training ground in a unique setting. Sessions can include physical and technical challenges such as the high and low ropes courses or cerebral tasks which require a more tactical approach.

Whichever challenges you choose for your squad, the engaging and participative environment creates an excellent opportunity to focus on development needs and enhance teamwork, whilst having fun.







## TEAM BUILDING ACTIVITIES:

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- {+} A 40ft climbing tower
- {+} Multi-activity high ropes course
- {+} An extensive range of low ropes activities
- {+} Powerfan freefall experience
- {+} Archery
- {+} Initiative exercises
- {+} Indoor team activities
- {+} Packages from 1 hour to 1 day

***"IT WAS IMPORTANT IN THE FIRST FEW DAYS TO BOND THE GROUP TOGETHER AND THE NEED TO FEEL CONNECTED TO HELP BUILD THAT TRUST ON THE PITCH. THE EXERCISES WERE A GREAT ADDITION TO OUR TRAINING"***

**STEVE MCNAMARA**

During his time as England Rugby League Head Coach



# LOCATION

**ST  
GEORGE'S  
PARK**



St. George's Park's central location and its close proximity to two airports makes it easily accessible for both national and international visitors. It is only 90 minutes by train from London with the choice of two local stations at Lichfield and Derby.

## GETTING HERE

### BY AIR:

- {+} 40-minute drive to East Midlands Airport
- {+} 54-minute drive to Birmingham Airport
- {+} 1-hour 20-minute drive to Manchester Airport

### BY TRAIN:

- {+} 15-minute drive to Burton-upon-Trent
- {+} 25-minute drive to Lichfield (direct route to London Euston Station)
- {+} 35-minute drive to Derby (direct route to London St. Pancras Station)
- {+} 40-minute drive to East Midlands Parkway

## IN THE REGION

- {+} The National Forest
- {+} Alton Towers theme park
- {+} Drayton Manor theme park
- {+} The National Brewery Centre
- {+} Nottingham Castle
- {+} The Peak District
- {+} Uttoxeter Racecourse
- {+} Nottinghamshire County Cricket Club (Trent Bridge)
- {+} Branston Golf Club





For more information or to discuss  
your requirements please contact:

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Follow us on LinkedIn

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